



Amendments to the Claims

This listing of claims will replace all prior versions and listing of claims in the application.

Listing of Claims:

Claim 1 (Canceled)

Claim 2 (Currently amended) ~~The arch support orthosis of Claim 1 wherein said means for tensioning including:~~

An arch support orthosis having an arch curve being adjustably tensioned during use, said arch support brace being fittable proximately under a foot and being sized and shaped to be removably placed within a foot support enclosure worn by a user, comprising:

an arch support orthosis being sized for support of the foot from underneath about the metatarsal bones of the foot, to underneath about the calcaneus bone of the foot, said orthosis having a first surface being contoured for support of the foot, having a second surface being downwardly faced for contact with the foot supporting surface of the shoe, and having a medial side and an outer lateral side on opposed sides of a central longitudinal midline of said orthosis;

a forefoot portion of said first surface being arcuately shaped to be positionable underneath the metatarsal bones of the foot;

a heel portion of said first surface being arcuately shaped to be positionable underneath the calcaneus bone of the foot;

a medial longitudinal arch curve proximate said medial side of said orthosis, said medial longitudinal arch curve being shaped to be positionable underneath the arch of the foot, said medial longitudinal arch curve having an upper surface being

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curved upwardly along a crown portion, said medial side being disposed in a
continuous arched curve along a length dimension of said medial side of said orthosis,
said medial longitudinal arch curve including:

an anterior slope being inclined from said upper surface of said medial
longitudinal arch curve toward said forefoot portion of said orthosis;

a posterior slope being inclined from said upper surface of said medial
longitudinal arch curve toward said heel portion of said orthosis;

a medial slope being inclined from said upper surface of said medial
longitudinal arch curve toward said lateral side of said orthosis; and

a means for tensioning said medial longitudinal arch curve connectable
between an underside portion of said anterior slope and an underside portion of said
posterior slope, said means for tensioning having a means for adjusting manipulated
by a user for adjustment of said means for tensioning between a neutral length, a
decreased length, and an extended length between said anterior slope and said
posterior slope, said means for tensioning including:

an anterior bracket being L-shaped, said anterior bracket having a distal
portion being connected under said anterior slope proximal to said medial side, said
anterior bracket having a proximal portion extended downwardly from said anterior
slope;

a posterior bracket being L-shaped, said posterior bracket having a distal
portion being connected under said posterior slope proximal to said medial side, said
posterior bracket having a proximal portion extended downwardly from said posterior
slope;

an anterior linkage aligned with said anterior bracket, said anterior linkage
having a distal end pivotably connected with said proximal portion of said anterior
bracket, said anterior linkage having a proximal end disposed underneath said crown

portion of said medial longitudinal arch curve;

a posterior linkage aligned with said posterior bracket, said posterior linkage having a distal end pivotably connected with said proximal portion of said posterior bracket, said posterior linkage having a proximal end disposed underneath said crown portion of said medial longitudinal arch curve; and

said means for adjusting the neutral length between said distal end of said anterior linkage and said distal end of said posterior linkage, said means for adjusting having opposed ends being disposed to accept therein respectively said proximal ends of said anterior linkage and said proximal linkage, said means for adjusting being manipulated by the user;

whereby said anterior linkage and said posterior linkage are retracted into respective opposed ends of said means for adjusting by manipulation of said means for adjusting, the neutral length between said respective distal ends is shortened to said decreased length, ~~each of~~ said anterior and posterior linkages engage ~~said each~~ respective proximal portions of said anterior bracket and said posterior bracket, thereby each respective anterior and posterior brackets pivot ~~respectively~~ inwardly, thereby pulling said underside of said anterior slope and said posterior slope toward each other and increasing the tension along said medial longitudinal arch curve, with resulting increase in the stiffness of said arch curve from when said means for tensioning is at the neutral length;

whereby when each of said anterior linkage and said posterior linkage is extended from said means for adjusting by manipulation of said means for adjusting, the neutral length between said respective distal ends is lengthened to said extended length, thereby each distal end extends against said respective proximal portions of said anterior bracket and said posterior bracket which pivot against the underside of said anterior slope and said posterior slope, thereby pushing said underside of said

72 anterior slope and said posterior slope apart and reducing the tension of said medial
73 longitudinal arch curve with resulting decrease in the stiffness of said arch curve.

1 Claim 3 (Withdrawn) The arch support orthosis of Claim 1 further comprising
2 said anterior slope having an anterior base of a first thickness, said posterior slope
3 having a posterior base of a second thickness, said crown of said medial slope having
4 a third thickness along said upper surface of said medial longitudinal arch curve,
5 whereby said anterior base and said posterior base providing rigidity for said medial
6 longitudinal arch curve for repetitive adjusting of said means for tensioning without
7 failure during use by heavily weighted users.

1 Claim 4 (Previously Presented) The arch support orthosis of Claim 2 wherein said
2 means for adjusting being repeatably manipulated by the user for repetitive extension
3 and retraction of said anterior linkage and said posterior linkage.

1 Claim 5 (Previously presented) The arch support orthosis of Claim 2 wherein said
2 means for adjusting including a rotatable adjusting means having a sleeve nut, a
3 worm gear, or a turnbuckle.

1 Claim 6 (Withdrawn) The arch support orthosis of Claim 1 wherein said means
2 for tensioning including:
3 an anterior bracket having a distal portion being connected under said anterior

4 slope proximal to said medial side, said anterior bracket having a proximal portion
5 extended posteriorly from said anterior slope;

6 a posterior bracket having a distal portion being connected under said posterior
7 slope proximal to said medial side, said posterior bracket having a proximal portion
8 extended anteriorly from said posterior slope;

9 an anterior means for adjusting connectable at an anterior swivel joint to said
10 anterior bracket, and

11 a posterior means for adjusting connectable at a posterior swivel joint to said
12 posterior bracket, said anterior adjusting means and said posterior adjusting means
13 having a length of cable connectable therebetween, said length of cable having at least
14 one swivel portion along said length of cable, each of said anterior means for adjusting
15 and said posterior means for adjusting being rotatably manipulated by the user to
16 retract or extend the length of cable between each respective means for adjusting;

17 whereby when either of said anterior means for adjusting and said posterior
18 means for adjusting is rotatably manipulated, the length of cable is adjustable in
19 length, with resultant increase in tension and angles of said anterior slope and said
20 posterior slope when said length of cable is reduced in length, and with resultant
21 decrease in tension and angles of said anterior slope and said posterior slope when
22 said length of cable is increased in length between said anterior bracket and said
23 posterior bracket connected under said medial longitudinal arch curve.

1 Claim 7 (Withdrawn) The arch support orthosis of Claim 1 wherein said means
2 for tensioning including:

3 an anterior bracket having a distal portion being connected under said anterior
4 slope proximal to said medial side, said anterior bracket having a proximal portion

5 extended posteriorly from said anterior slope;

6 a posterior bracket having a distal portion being connected under said posterior
7 slope proximal to said medial side, said posterior bracket having a proximal portion
8 extended anteriorly from said posterior slope; and

9 two straps of non-extendable web materials; each of said straps having a distal
10 end attached to said respective anterior bracket and posterior bracket, each of said
11 straps having a proximal end connectable together by a means for adjusting
12 positioned under said medial longitudinal arch curve.

1 8. (Withdrawn) The arch support orthosis of Claim 7 wherein said means for
2 tensioning further including said means for adjusting being manipulated by the user
3 for adjustment of the length between said anterior bracket and said posterior bracket.

1 9. (Withdrawn) The arch support orthosis of Claim 8 wherein said means for
2 adjusting including a worm gear, a buckle, or a clamp.

1 10. (Canceled)

1 ~~11. (Currently amended) The foot support orthosis of Claim 10 further comprising a~~
2 ~~means for tensioning connectable underneath said arch curve, said means for~~
3 ~~tensioning including:~~

4 A foot support orthosis including an arch support brace having an arch curve

being variably tensioned during use, the foot support orthosis being fittable
underneath the foot and being sized and shaped to be removably placed proximal a
foot supporting surface of a foot enclosure worn by a user, comprising:
an orthosis being sized for support of the foot from underneath about the
metatarsal bones of the foot, to underneath about the calcaneus bone of the foot, said
orthosis having a first surface being contoured for support of the foot, having a second
surface being downwardly faced for contact with the foot supporting surface of the
shoe, and having a medial side and a lateral side on opposed sides of a central
longitudinal midline of said orthosis;
a forefoot portion of said first surface being arcuately shaped to be positionable
underneath the metatarsal bones of the foot;
a heel portion of said first surface being arcuately shaped to be positionable
underneath the calcaneus bone of the foot;
a medial longitudinal arch curve proximate said medial side of said orthosis,
said medial longitudinal arch curve being shaped to be positionable underneath the
arch of the foot, said medial longitudinal arch curve having an upper surface being
curved upwardly along a crown portion, said medial longitudinal arch curve including:
an anterior slope being inclined from said upper surface of said medial
longitudinal arch curve toward said forefoot portion of said orthosis;
a posterior slope being inclined from said upper surface of said medial
longitudinal arch curve toward said heel portion of said orthosis; and
a medial slope being inclined from said upper surface of said medial
longitudinal arch curve toward said lateral side of said orthosis; and
said anterior slope having an anterior base of a first thickness, said posterior
slope having a posterior base of a second thickness, said crown of said medial slope
having a third thickness along said upper surface of said medial longitudinal arch

31 curve, said medial side of said medial longitudinal arch curve being disposed in a
32 continuous arched curve along a length dimension of said medial side;

33 means for tensioning said medial longitudinal arch curve, said means for
34 tensioning connectable between an underside portion of said anterior slope and an
35 underside portion of said posterior slope, said means for tensioning having means for
36 adjusting manipulated by the user for adjustment of said means for tensioning
37 between a neutral length, a decreased length, and an extended length between said
38 anterior slope and said posterior slope, said means for tensioning including:

39 an anterior bracket being L-shaped, said anterior bracket having a distal
40 portion being connected under said anterior slope proximal to said medial side, said
41 anterior bracket having a proximal portion extended downwardly from said anterior
42 slope;

43 a posterior bracket being L-shaped, said posterior bracket having a distal
44 portion being connected under said posterior slope proximal to said medial side, said
45 posterior bracket having a proximal portion extended downwardly from said posterior
46 slope;

47 an anterior linkage aligned with said anterior bracket, said anterior linkage
48 having a distal end pivotably connected with said proximal portion of said anterior
49 bracket, said anterior linkage having a proximal end disposed underneath said crown
50 portion of said medial longitudinal arch curve;

51 a posterior linkage aligned with said posterior bracket, said posterior linkage
52 having a distal end pivotably connected with said proximal portion of said posterior
53 bracket, said posterior linkage having a proximal end disposed underneath said crown
54 portion of said medial longitudinal arch curve; and

55 a said means for adjusting the neutral length between said distal end of said
56 anterior linkage and said distal end of said posterior linkage, said means for adjusting

57 having opposed ends being disposed to accept therein respectively said proximal ends
58 of said anterior linkage and said proximal linkage, said means for adjusting being
59 manipulated by the user;

60 whereby said anterior linkage and said posterior linkage are retracted into
61 respective opposed ends of said means for adjusting by manipulation thereof, the
62 neutral length between said respective distal ends is shortened to said decreased
63 length, ~~each~~ of said anterior and posterior linkages engage ~~said each~~ respective
64 proximal portions of said anterior bracket and said posterior bracket, thereby ~~each~~
65 respective anterior and posterior brackets pivot ~~respectively~~ inwardly, thereby pulling
66 said underside of said anterior slope and said posterior slope toward each other and
67 increasing the tension along said medial longitudinal arch curve;

68 whereby when each of said anterior linkage and said posterior linkage is
69 extended from said means for tensioning by manipulation of said means for adjusting,
70 the neutral length between said respective distal ends is lengthened to said extended
71 length, thereby each distal end extends against said respective proximal portions of
72 said anterior bracket and said posterior bracket which pivot against the underside of
73 said anterior slope and said posterior slope, thereby pushing said underside of said
74 anterior slope and said posterior slope apart and reducing the tension of said medial
75 longitudinal arch curve, with resulting decrease in the stiffness of said arch curve for
76 reduced support of the arch of the user's foot;

77 whereby said medial longitudinal arch curve being tensioned by prior
78 manipulation of said means for adjusting by the user, said arch curve is further
79 tensioned intermittently during each foot-strike by force being transferred by the
80 user's foot from said heel portion and on to said medial longitudinal arch curve of said
81 orthosis, thereby the tension along said medial longitudinal arch curve is
82 intermittently increased without significantly decreasing the height of the arch curve

83 thereby supporting the arch of the user's foot while said crown portion of said medial
84 longitudinal arch curve flexibly rebounds to an unweighted position by force being
85 transferred by the user's foot from said medial longitudinal arch curve and on to said
86 forefoot portion of said orthosis during each foot-strike by the user wearing said
87 orthosis.

1 12. (Withdrawn) The foot support orthosis of Claim 10 further comprising a means
2 for tensioning connectable underneath said arch curve, said means for tensioning
3 including: an anterior bracket connectable to said anterior base, said anterior
4 bracket having a distal portion being connected under said anterior base proximal to
5 said medial side, said anterior bracket having a proximal portion extended toward said
6 posterior base;

7 a posterior bracket connectable to said posterior base, said posterior bracket
8 having a distal portion being connected under said posterior base proximal to said
9 medial side, said posterior bracket having a proximal portion extended toward said
10 anterior base;

11 an anterior linkage aligned with said anterior bracket, said anterior linkage
12 having a distal end pivotably connected with said proximal portion of said anterior
13 bracket, said anterior linkage having a proximal end disposed underneath said crown
14 portion of said medial longitudinal arch curve;

15 a posterior linkage aligned with said posterior bracket, said posterior linkage
16 having a distal end pivotably connected with said proximal portion of said posterior
17 bracket, said posterior linkage having a proximal end disposed underneath said crown
18 portion of said medial longitudinal arch curve; and

19 a means for adjusting the neutral length between said distal end of said

20 anterior linkage and said distal end of said posterior linkage, said means for adjusting
21 having opposed rod ends being disposed to connect in an anterior swiveling
22 connection to said proximal end of said anterior linkage and in a posterior swiveling
23 connection to said proximal end of said proximal linkage, said means for adjusting
24 being manipulated by the user to retract or extend each of said opposed rod ends;

25 whereby when said opposed rod ends are retracted into respective opposed ends
26 of said means for adjusting, the length is shortened between said respective distal
27 ends of said anterior and posterior linkages, each of said anterior and posterior
28 linkages engage said respective proximal portions of said anterior and posterior
29 brackets, thereby each respective anterior and posterior brackets retract respectively
30 toward said means for adjusting, thereby pulling said underside of said anterior base
31 and said posterior base toward each other and increasing the tension along said
32 medial longitudinal arch curve;

33 whereby when said opposed rod ends are extended into respective opposed ends
34 of said means for adjusting, the length is lengthened between said respective distal
35 ends of said anterior and posterior linkages, each of said anterior and posterior
36 linkages engage said respective proximal portions of said anterior and posterior
37 brackets, thereby each respective anterior and posterior brackets retract respectively
38 away from said means for adjusting, thereby pushing said underside of said anterior
39 base and said posterior base away from each other and reducing the tension of said
40 medial longitudinal arch curve.

1 13. (Withdrawn) A foot support orthosis including an arch curve being variably
2 tensioned during use, the foot support orthosis being fittable underneath the foot and
3 being sized and shaped to be removably placed proximal a foot supporting surface of a

4 foot enclosure worn by a user, comprising:

5 an orthosis being sized for support of the foot from underneath about the
6 metatarsal bones of the foot, to underneath about the calcaneus bone of the foot, said
7 orthosis having a first surface being contoured for support of the foot, having a second
8 surface being downwardly faced for contact with the foot supporting surface of the
9 shoe, and having a medial side and an outer lateral side on opposed sides of a central
10 lengthwise midline of said orthosis;

11 a forefoot portion of said first surface of said orthosis being arcuately
12 shaped to be positionable underneath the metatarsal bones of the foot;

13 a heel portion of said first surface of said orthosis being arcuately shaped
14 to be positionable underneath the calcaneus bone of the foot;

15 a medial longitudinal arch curve having an upper surface being curved
16 upwardly along a crown portion, said medial longitudinal arch curve including:

17 an anterior slope being inclined from said upper
18 surface of said medial longitudinal arch curve toward
19 said forefoot portion of said orthosis;

20 a posterior slope being inclined from said upper
21 surface of said medial longitudinal arch curve toward
22 said heel portion of said orthosis; and

23 a medial slope being inclined from said crown
24 portion of said upper surface of said medial
25 longitudinal arch curve toward said lateral side of
26 said orthosis; and

27 said anterior slope having an anterior base of a first thickness, said
28 posterior slope having a posterior base of a second thickness, said crown of said
29 medial slope having a third thickness along said upper surface of said medial

30 longitudinal arch curve, said medial side of said medial longitudinal arch curve being
31 disposed in an arched curve along a length dimension of said medial side;
32 whereby said medial longitudinal arch curve having said anterior base, said
33 crown portion, and said posterior base being tensioned during each foot-strike by force
34 being transferred by the foot of the user from said heel portion and onto said medial
35 longitudinal arch curve of said orthosis, thereby increasing the tension along said
36 medial longitudinal arch curve without significantly decreasing the height of the arch
37 curve, with said crown portion of said medial longitudinal arch curve flexibly
38 rebounded to an unweighted position by force being transferred by the foot of the user
39 from said medial longitudinal arch curve and onto said forefoot portion of said orthosis
40 during each foot-strike by the user while wearing said orthosis; and
41 a means for tensioning said medial longitudinal arch curve connectable
42 between an underside portion of said anterior slope and an underside portion of said
43 posterior slope, said means for tensioning having a means for adjusting being
44 manipulated by a user for adjustment of a length of said means for tensioning between
45 a neutral length, a decreased length, and an extended length between said anterior
46 slope and said posterior slope,
47 whereby when the neutral length of said means for tensioning is reduced to
48 the decreased length by the user adjustment of said means for adjusting, the tension
49 along said medial longitudinal arch curve is increased thereby the stiffness of said
50 arch curve increases from when said means for tensioning is at the neutral length,
51 and each slope of said anterior slope and said posterior slope is increased, and when
52 the neutral length of said means for tensioning is increased to the extended length by
53 the user adjustment of said means for adjusting, the tension along said medial
54 longitudinal arch curve is decreased, and each slope of said anterior slope and said
55 posterior slope is decreased.

1 14. (Withdrawn) The foot support orthosis of Claim 13 wherein said first thickness
2 of said anterior base of said anterior slope is substantially equal to said second
3 thickness of said posterior base of said posterior slope, said third thickness of said
4 medial slope and said crown being less than the first and second thickness.

1 15. (Withdrawn) The foot support orthosis of Claim 13 wherein said first thickness
2 of said anterior base of said anterior slope is less than said second thickness of said
3 posterior base of said posterior slope, and said third thickness of said medial slope
4 and said crown being less than the first and second thickness.

1 16. (Withdrawn) The foot support orthosis of Claim 13 wherein said means for
2 tensioning including:

3 an anterior bracket being L-shaped, said anterior bracket having a distal
4 portion being connected under said anterior slope proximal to said medial side, said
5 anterior bracket having a proximal portion extended downwardly from said anterior
6 slope;

7 a posterior bracket being L-shaped, said posterior bracket having a distal
8 portion being connected under said posterior slope proximal to said medial side, said
9 posterior bracket having a proximal portion extended downwardly from said posterior
10 slope;

11 an anterior linkage aligned with said anterior bracket, said anterior linkage
12 having a distal end pivotably connected with said proximal portion of said anterior
13 bracket, said anterior linkage having a proximal end disposed underneath said crown

14 portion of said medial longitudinal arch curve;

15 a posterior linkage aligned with said posterior bracket, said posterior linkage
16 having a distal end pivotably connected with said proximal portion of said posterior
17 bracket, said posterior linkage having a proximal end disposed underneath said crown
18 portion of said medial longitudinal arch curve; and

19 said means for adjusting the neutral length between said distal end of said
20 anterior linkage and said distal end of said posterior linkage, said means for adjusting
21 having opposed ends being disposed to accept therein respectively said proximal ends
22 of said anterior linkage and said proximal linkage, said means for adjusting being
23 manipulated by the user;

24 whereby said anterior linkage and said posterior linkage are retracted into
25 respective opposed ends of said means for adjusting, the length between said
26 respective distal ends is shortened, each of said anterior and posterior linkages engage
27 said each respective proximal portions of said anterior bracket and said posterior
28 bracket, thereby each respective anterior and posterior brackets pivot respectively
29 inwardly, thereby pulling said underside of said anterior slope and said posterior slope
30 toward each other and increasing the tension along said medial longitudinal arch
31 curve; and

32 whereby when each of said anterior linkage and said posterior linkage is
33 extended from said means for tensioning by manipulation of said means for adjusting,
34 the length between said respective distal ends is lengthened, thereby each distal end
35 extends against said respective proximal portions of said anterior bracket and said
36 posterior bracket which pivot against the underside of said anterior slope and said
37 posterior slope, thereby pushing said underside of said anterior slope and said
38 posterior slope apart and reducing the tension of said medial longitudinal arch curve.

1 17. (Withdrawn) The foot support orthosis of Claim 13 wherein said means for
2 tensioning including:

3 an anterior bracket connectable to said anterior base, said anterior bracket
4 having a distal portion being connected under said anterior base proximal to said
5 medial side, said anterior bracket having a proximal portion extended toward said
6 posterior base;

7 a posterior bracket connectable to said posterior base, said posterior bracket
8 having a distal portion being connected under said posterior base proximal to said
9 medial side, said posterior bracket having a proximal portion extended toward said
10 anterior base;

11 an anterior linkage aligned with said anterior bracket, said anterior linkage
12 having a distal end pivotably connected with said proximal portion of said anterior
13 bracket, said anterior linkage having a proximal end disposed underneath said crown
14 portion of said medial longitudinal arch curve;

15 a posterior linkage aligned with said posterior bracket, said posterior linkage
16 having a distal end pivotably connected with said proximal portion of said posterior
17 bracket, said posterior linkage having a proximal end disposed underneath said crown
18 portion of said medial longitudinal arch curve; and

19 said means for adjusting the neutral length between said distal end of said
20 anterior linkage and said distal end of said posterior linkage, said means for adjusting
21 having opposed rod ends being disposed to connect in an anterior swiveling
22 connection to said proximal end of said anterior linkage and in a posterior swiveling
23 connection to said proximal end of said proximal linkage, said means for adjusting
24 being manipulated by the user to retract or extend each of said opposed rod ends;

25 whereby when said opposed rod ends are retracted into respective opposed ends

26 of said means for adjusting, the length is shortened between said respective distal
27 ends of said anterior and posterior linkages, each of said anterior and posterior
28 linkages engage said respective proximal portions of said anterior and posterior
29 brackets, thereby each respective anterior and posterior brackets retract respectively
30 toward said means for adjusting, thereby pulling said underside of said anterior base
31 and said posterior base toward each other and increasing the tension along said
32 medial longitudinal arch curve;

33 whereby when said opposed rod ends are extended into respective opposed ends
34 of said means for adjusting, the length is lengthened between said respective distal
35 ends of said anterior and posterior linkages, each of said anterior and posterior
36 linkages engage said respective proximal portions of said anterior and posterior
37 brackets, thereby each respective anterior and posterior brackets retract respectively
38 away from said means for adjusting, thereby pushing said underside of said anterior
39 base and said posterior base away from each other and reducing the tension of said
40 medial longitudinal arch curve.

1 18. (Withdrawn) A method of supporting an arch curve of a foot of a user for treating
2 inflammation in the user's foot, the inflammation proximate the arch curve of the foot and related to
3 heel spurs, plantar fasciitis, arch pain, tendinitis, and/or metatarsalgia in the foot, each foot of the
4 user being supported by a supporting surface within respective foot support enclosures,
5 comprising the steps of:

6 providing an arch support orthosis including an adjustable medial longitudinal arch curve
7 being adjustable in slope and tension along said arch curve, said arch support orthosis being
8 sized and shaped for removably fitting underneath the arch curve of the user's foot;

9 adjusting a tensioning means having a means for adjusting connected to an underside of

10 an anterior slope and a posterior slope of said medial longitudinal arch curve, said adjusting step
11 providing a first tension along said medial longitudinal arch curve;
12 inserting said arch support orthosis underneath the foot of the user and upon the
13 supporting surface of the foot support enclosure;
14 bearing force from the foot of the user onto said medial longitudinal arch curve of said
15 arch support orthosis during each foot-strike by the foot of the user;
16 tensioning said medial longitudinal arch curve during each foot-strike, said tensioning
17 means limiting said medial longitudinal arch curve from being compressed in height thereby
18 supporting the arch curve of the user's foot during each foot-strike;
19 readjusting said means for adjusting to a second tension thereby reducing tension along
20 said adjustable medial longitudinal arch curve, whereby the user's arch curve is continuously
21 supported by said adjustable medial longitudinal arch curve; and
22 selecting a preferred angle of the anterior slope and a preferred angle of the posterior
23 slope, and maintaining the tension along the medial longitudinal arch curve by shortening or
24 lengthening the length of the tensioning means by manipulating said means for adjusting.

1 19. (Withdrawn) The method of supporting of Claim 18, further comprising the steps of:
2 readjusting at periodic time increments the angle of the anterior slope, the angle of the
3 posterior slope, and the height of the medial longitudinal arch curve by shortening or lengthening
4 the length of the tensioning means by user manipulating of the tensioning means;
5 removing and re-inserting said arch brace in the shoe, boot, or sandal of the preference of
6 the user; and
7 providing user adjustable height support, user adjustable angle of the anterior slope, and
8 user adjustable angle of the posterior slope when said removing and re-inserting step is repeated;

9 whereby said adjusting step and said readjusting steps reduce the inflammation in the foot
10 and strengthen the arch curve of the foot of the user, and said removing and re-inserting steps
11 provide adjustable tension of the arch curve, anterior slope support, and posterior slope support
12 for the arch curve of the foot of the user for each shoe enclosure worn by preference of the user.